

Fruits, vegetables added to WIC’s grocery list

Program for low-income mothers and children to pay for healthier foods

Associated Press

WASHINGTON — Fruits, vegetables and whole grains are being added to grocery lists for low-income mothers and children under a federal program that helps feed more than half the babies in the U.S.

The [foods](http://www.msnbc.msn.com/id/14190515/ns/health-kids_and_parenting/" \t "_blank) will be covered by the Women, Infants and Children program under changes proposed Friday.

WIC now pays about $35 monthly for staples such as [juice](http://www.msnbc.msn.com/id/14190515/ns/health-kids_and_parenting/" \t "_blank), eggs, cheese and milk, but the program will pay for less of those products to cover the new foods’ cost.

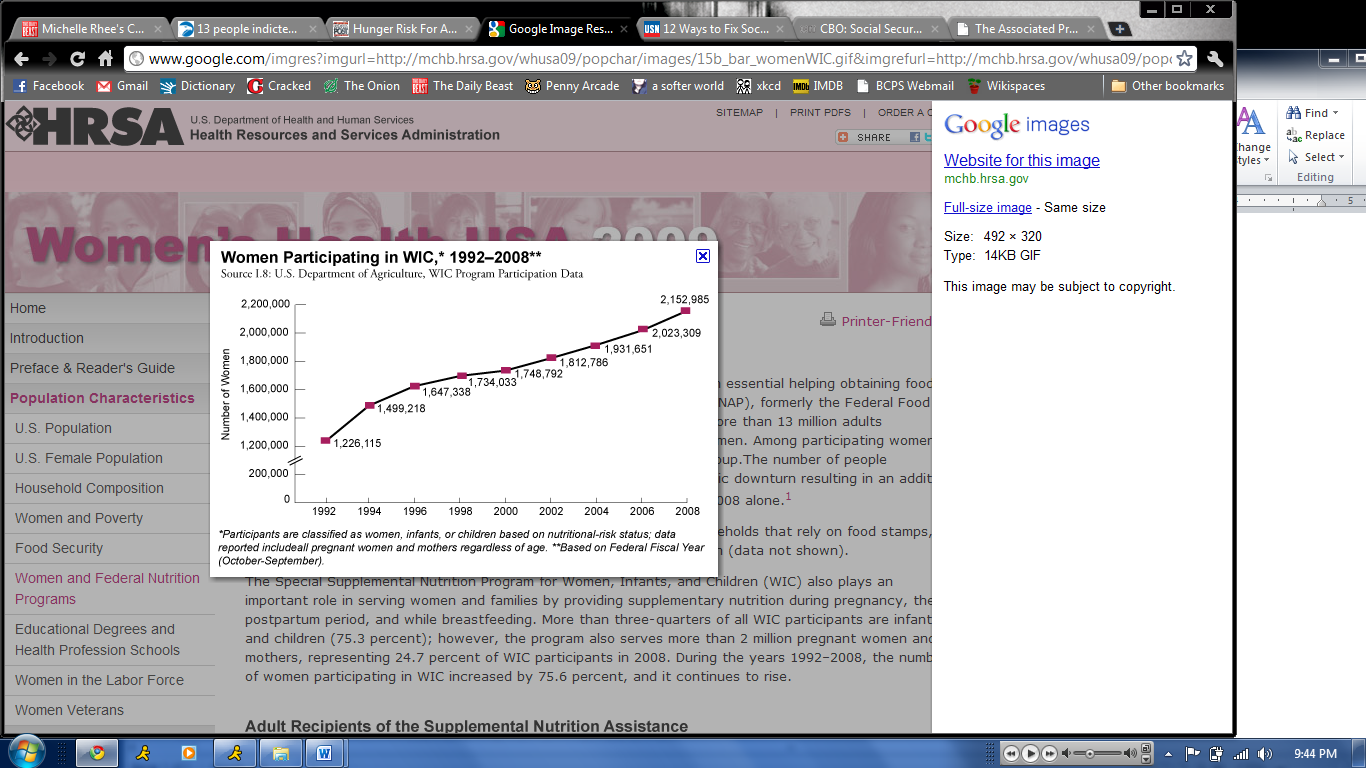
The revisions follow the advice of the federally chartered Institute of Medicine, which said the WIC program needs to reflect changes in science and society since it was created three decades ago.

The addition of fruits, vegetables and whole grain products also tracks changes last year to the government’s own dietary guidelines.

The shopping list has gone largely unchanged since WIC began in the 1970s. In the meantime, food availability has grown, obesity has become a major public [health](http://www.msnbc.msn.com/id/14190515/ns/health-kids_and_parenting/" \t "_blank) threat and WIC itself has grown dramatically, reaching 8 million people nationwide.

(From <http://www.msnbc.msn.com/id/14190515/ns/health-kids_and_parenting/>)

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| **1. Who benefits from WIC?**  **2. How is the program changing? This this going to be seen as an improvement by people who use WIC?**  **3. Should WIC be able to pick and choose the foods that are “acceptable”?** |



Why WIC is Vital

BY Cardra Burns

More families than ever are finding it hard to put healthy food on their dinner tables. For young children, a lack of good nutrition can put them at risk for health problems and problems in school. North Carolina’s WIC program helps low-income families meet the nutritional needs of pregnant and post-partum women, infants and children up to age 5.

While adding more fruits and vegetables to these families’ diets is an important part of our program, participants get more than food from WIC. The program offers families nutrition education and counseling, breastfeeding promotion and support, supplemental foods, and even healthcare referrals.

The North Carolina WIC Program currently serves an average of 270,000 participants each month. Studies show that children who participate in WIC are more likely to receive regular preventive health services and are better immunized than children who did not participate in WIC.

WIC participants receive helpful one-on-one counseling with a nutrition professional. Group nutrition classes may also be offered by trained staff on topics ranging from healthy drink choices to grocery shopping on a budget.  
(From: <http://www.laurinburgexchange.com/view/full_story/12411639/article-Why-WIC-is-vital?instance=secondary_opinion_left_column>)

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| **4. What trend does the graph show in the public’s usage of WIC programs?**  **5. What other supports does WIC offer to families?** |